

Eating at Home

- Take charge. Plan for healthy meals and snacks.
- Never eat out of boxes, cartons, or bags unless they are single-serving packages.
- Put food on a plate or in a bowl. Then, you can see how much you are eating.
- Use smaller plates, bowls, or glasses.
- Be careful of tasting or nibbling while you cook.
- Sit at the table to eat.
- Fix your plate in the kitchen and bring it to the table to eat. Leave the serving bowls, pots or containers in the kitchen so you won't be tempted to eat more.
- Let leftovers be **leftovers**.
- Avoid the temptation to lick the spoon or eat the last bite when cleaning up dishes after a meal.
- Eating while watching television, working on the computer or talking on the phone can cause you to overeat.
- Take time to relax and enjoy your food! You can find pleasure from both preparing and eating.

